

HYGIENE AND SANITATION.

VI—THE FOOD PROBLEM.

By Frederic J. Haskin.

Since the medical world has penetrated the mysteries of many of the germ-produced diseases that human flesh is heir to, and has found methods of controlling them which need only the co-operation of the people to become as efficient as the embryo against yellow fever at Panama, laboratory experts are turning their attention more and more to other problems, principal among these the question of food and health. While the spread of action-producing intelligence concerning methods of combating and overcoming germ-produced diseases has resulted in a most remarkable decline in the number of deaths from those diseases, it has been noted through vital statistics that chronic diseases and those that are not germ-produced are on the increase, and that while their increasing frequency does not counterbalance the results of hygienic work, it does in a measure keep the total number of deaths from being cut down as rapidly as would be the case if they were not to be reckoned with.

That food has much to do with the increasing frequency of chronic diseases, and the like, is well recognized. When taken in connection with the results of hygienic work, it is not surprising that the majority of the chronic ailments may be traced directly or indirectly to the things that enter the stomach. Diet is a factor in protein disorder, the alimentary system. Diets which are an over-supply of fats are likewise ill suited to health, a balanced ration is regarded as half the battle in defending the race from chronic diseases.

Only the chronic diseases produced by foods, but many a case of germ-produced Typhoid Epidemic Traced disease has to One Dairy Farm.

As well in fact, a large percentage of the infectious diseases find lodgment in the human system through the mouth. Typhoid fever is almost wholly a disease carried to a victim through milk and water and food. A single instance will serve for thousands that might be cited showing how positive is the evidence that milk is a great carrier of typhoid, and that even above-the-average cleanliness will not suffice to prevent the germs from doing great harm. In August, 1900, there was an outbreak of 280 cases of typhoid which were traced to one dairy farm, which is described by the health authorities as exceptionally clean and well kept. The owner had typhoid fever during the summer of 1900, and he has been a germ-carrier ever since. Six cases of fever had occurred on his farm between 1878 and 1900. When his milk supply was suppressed the epidemic ceased. Water is the most frequent carrier of typhoid germs, and the old proverb that when it runs over seven stones it is purified is not borne out by experience. Before Chicago built its drainage canal typhoid fever was an ever-present disease. It is estimated that the building of that waterway has saved Chicago nearly 100,000 lives since the beginning of the present century. The changing from river water to mountain water in some of the cities of Germany in some instances has reduced the number of typhoid cases to one-third. No city in the world that has improved its water supply and regulated its milk supply has failed to reduce its typhoid to a remarkable degree.

Few people pause to think of the germs that lurk in vegetables which come from the green.

Harmful Germs Carried Procer. Thousands of cases have been recorded where harmful germs, such as those of typhoid, lurk on lettuce and celery, on radishes and on watercress. Careful washing, it has been shown, reduces the danger, but the most careful housekeeper does not wash her vegetables clean enough to insure freedom from germs. There is a movement in some quarters to restrict the sale of these vegetables to such places as can show freedom from soil pollution.

In its study of food hygiene the International Congress of Hygiene and Demography will consider many interesting questions. It has long been known that the most nutritious foods are not always the most palatable. Dr. Langworthy of the department of agriculture will show at the congress just how far this is true. He will show how Boston beans are infinitely healthier than the building of the most nutritious and equally palatable—if you think so. There are many ways of preparing these beans, and it is a higher food value than beef that costs one-half more and has twice as much waste. The high cost of food has entailed upon the wage-earners of the lower trades. An old Virginia negro boy, black, who has a little stand in front of one of the leading financial institutions of the nation's capital, and who across the street from the national Treasury, finds it hard work to get enough money home to eat meat once a week under the present reign of high prices.

America never yet has come to the tight pinch where dogs and cats have had to be used as food, although in Europe the high prices of meat have forced the use of dogs for this purpose. In a number of European cities, including Breslau, Dresden and Leipzig, dogs are slaughtered extensively for food and are regularly inspected at the slaughter house. The meat is served as roast dog, while in many parts of Saxony it is eaten raw, being highly seasoned. In Paris the annual slaughter of horses, mules and donkeys reaches thirty million pounds of dressed meat, over sixty thousand animals being slaughtered. It is said that the better cuts of horse meat bring about 30 cents a pound.

The adulteration of sausage has long been the most dangerous form of food adulteration practiced. The cheaper grades of sausage will justify the remark of Jean Paul that only gods can eat sausage, since only they can know of what sausages are made. Trichinosis is still allowed to be made up into sausage, the only requirement of the meat inspection laws being that it firm and subject to the usual heat to kill the parasites. Certain of the artificial sausage cures, such as "orange II," have been extremely potent in water and will dye wool immersed in it. The greatest food experts in the world have found that the adulteration of sausage is a result of their researches into the mysteries of food, some of them will present studies concerning the methods and the conditions of nutrition, showing exactly how bones grow, how food affects the growing child and what the food requirements of babies are, while others will devote their attention directly to the question of the relation of foods to health.

For instance, it has been shown conclusively by prolonged experiments that beri-beri comes from eating polished rice, and that scurvy frequently follows certain forms of underfeeding. The diet is pronounced by many physicians as the principal cause of many severe

diseases of the stomach and intestines as well as of some of the diseases of the nervous system and of the mind and of the circulation. A paper by a leading German authority on this subject promises to be one of the most important contributions to the congress.

There are those who believe that the invisible rays of light will stand between us and danger from taking disease-causing into our systems. Although the human eye cannot see these rays of light, it being as black as Sweden darkness where no other rays than the infra-red and the ultra-violet appear, yet the eye of the camera can see them and translate them for us. Likewise, the disease germ, if it feel them—indeed, it can feel them so much that contact with them is as fatal as contact with a high-voltage electric current is fatal to a human being.

It has been demonstrated that if an ultra-violet lamp be put into a stream of running water every germ that comes in contact with its rays dies. Milk is opaque, and therefore it has to be pasteurized in very thin sheets so as to permit the ultra-violet rays to penetrate it. Extensive experiments on this subject have demonstrated that it is the best purifier known, since it leaves milk in every other particular exactly as raw milk. There are scientists who look forward to the day when the ultra-violet and the infra-red light rays will be used as the main promoters of health.

It is said that the infra-red rays are the heating agent in a sun bath, and that they are also the cause of the heat in the body. They are also the cause of the heat in the body. They are also the cause of the heat in the body.

Lights May Become Great Curative Agents. Where either of the invisible rays can get to them. May we not yet see the dawn of the day when the mysterious and invisible lights of the laboratory—lights which the layman could not believe exist but for the indisputable evidence of the camera—may become our greatest curative and preventive agents?

With invisible waves of electricity, invisible lights already before us, it would require a prophet to forecast the wonders of the future. But of this the reader may be sure: that a visit to the modern medical and chemical laboratory will be a revelation to him, and when he comes away he will feel that the people will but give to the hygienist the co-operation he has proved that he so richly deserves, a thousand food problems and a thousand other health problems will be solved, and humanity will live better and healthier and longer lives therefore.

ROCKVILLE AND COUNTY NEWS ITEMS AND NOTES

Foxhunters' Association Re-elects W. Outerbridge Spates President.

Special Correspondence of The Star.

ROCKVILLE, Md., September 19, 1912. At a meeting of the Montgomery County Foxhunters' Association here yesterday afternoon, W. Outerbridge Spates of Rockville and Charles H. L. Johnston of Washington were re-elected president and secretary-treasurer, respectively, and other officers were chosen as follows: Vice presidents, Judge Edward C. Peter, Perrie E. Walters, John C. Bentley, William E. R. Hitt, Richard F. Spates and Col. George Dunn; executive committee, Andrew J. Cummings, J. Frank Lewis, George W. Edwards, James P. Gott, William Stacks, Edward Umstead, John Magruder, Charles A. Clagett, Clay B. Edwards, John G. Johnson, Edmund C. Davis, Howard Marlowe, Benjamin C. Gott, E. Cecil Allnut, Edmund C. Davis, Artemus Sullivan, Julian F. Walters and Nicholas Crawford.

It was decided to hold the annual field trials at Rockville, October 31 and November 1 and 2. It was at Dawsonville that the first field trials of the association were held two years ago, and the location is regarded as ideal. Cash prizes, silver cups and ribbons will be awarded. Two stakes in the derby will also be contested for, and there will also be a pack contest. The derby is for young dogs and is open to all foxhounds of the county, but the stakes are for dogs earlier than January 1, 1911. The all-age is a free-for-all affair, and each pack in the pack contest must consist of four couples, or eight dogs.

Funeral of Hugh C. Reading.

The funeral of Hugh C. Reading took place here yesterday afternoon. Rev. Leslie Watson of the Presbyterian Church conducted the services. Burial was in Rockville cemetery.

The three-year-old daughter of Mr. and Mrs. Alexander Hill of the vicinity of Propley, this county, died Tuesday afternoon as a result of injuries received the day before by being struck by an automobile while playing in the road near her home. Joe Siegel was arrested in Washington yesterday, at the request of the Rockville authorities, on the charge of the larceny of \$12 from Frank Lohle of this place. He is now in jail here. Lohle and Siegel worked and roomed together and shortly after Siegel left for Washington yesterday Lohle missed the money. Parker Weller has resigned as republican judge of election for the first precinct of Wheaton district, to which position he was recently appointed by the supervisors of elections.

LEGAL ADVICE FOR BOARD.

Corporation Counsel to Handle All Educational Cases.

The board of education hereafter will obtain its legal advice from the office of the corporation counsel of the District of Columbia. Until recently the United States attorney for the District has been legal adviser to the board. It is understood that the United States Attorney General suggested to the District Commissioners that the corporation counsel of the District assume this function, the suggestion having been carried out in a formal order issued by the board of education. Should residents of Virginia make a test of the new non-resident law regarding the attendance of children in the District schools, it will be up to the corporation counsel's office to represent the board of education in the matter. An official of the office yesterday expressed the opinion that a test case, if instituted, would result in the law being held to be valid. The District has a right to legislate for the District.

NEW PLAN OF POST OFFICE.

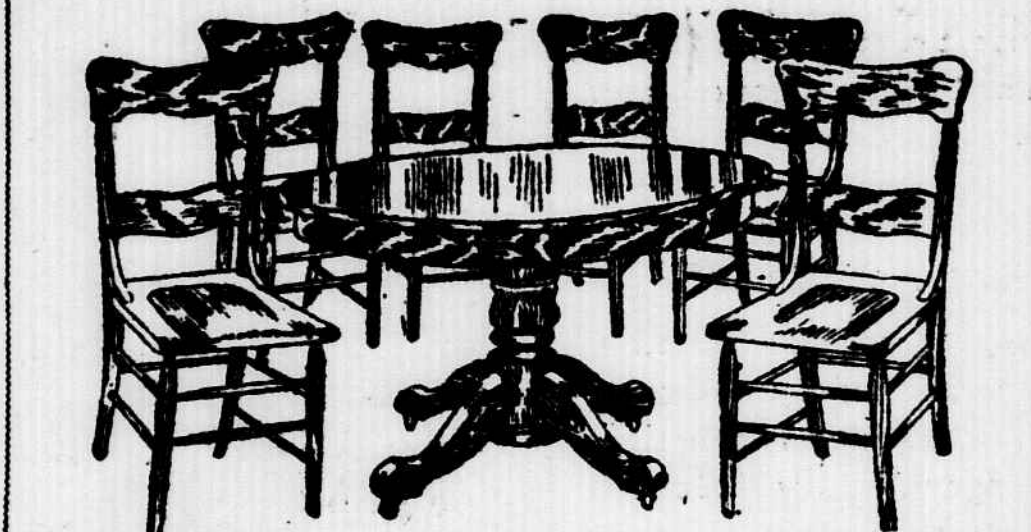
Experiment in Collection of Mail by Man on Motor Cycle.

The Post Office Department, through the Washington post office, will next Tuesday begin experimenting in Bloomington and Eckington with the collection of mail from letter boxes of a special pattern by a carrier mounted on a motor cycle. The letter boxes, thirty of them, have been known as a "drop bottom," from which the mail contained in them may be dumped into a bin of a special design attached to the motor cycle, and thence removed in a tray at the post office without unloading the bin. It is hoped much time can be saved by this new method, which was designed by Dr. S. Clifford Cox of this city.

Hecht & Company, Seventh Near F.

Select Your Furniture Needs Now
Entire Stocks of Furniture and
Floor Coverings. No 25%
Exceptions (Save Bedding & Springs) off

This Handsome Dining
Outfit (7 Pieces) \$15.95



Think of it! Solid Oak Extension Table and six
Chairs made of Solid Oak—Cane-seat Dining
Chair (seven pieces) like illustration, only \$15.95
(50c a Week Pays the Bill.)



Guaranteed
Crossed
Tested With Acid
\$16.85 For this All-
brass continuous-
post Brass Bed; 14
large fillers at head and foot; extra
large, moulded, square. GUARANTEED
NOT TO FURNISH.
(50c a week)



This Solid Oak
Princess
Dresser, \$9.45
This Solid Oak
Buffet, \$17.95
(Like illustration.)
One of our prettiest
best constructed
solid oak
dressing
chests, with
a good-looking
ing, service-
able dresser,
worth double
the price we
sell it for. Large
heveled plate
French mirror,
2 large
drawers, nice
to finish.
(25c a week)

A Most Convenient Thing—An Account at
HECHT'S
513-515-517 7th Street

The Way to Stop Regret

Many a man has stood amid the ashes of his home and wished in the depths of his heart that he had been wise enough to insure that home and its contents before they burned.

It is really foolish to come to an hour like that when you can secure so quickly and so cheaply the excellent and ample policies provided by the Commercial Fire Insurance Company of Washington.

If your property is not insured—or not sufficiently insured—call up Main 6475, or drop a post card in the mail box, and our representative will call.

This is the sensible way to prevent regret and save yourself from loss if a fire comes.

Our Rates Are One-Third Less Than Other Companies

—don't forget that. In addition to taking the risk from your shoulders and putting it onto ours, we save you actual money in the rates you pay for your insurance.

COMMERCIAL FIRE INSURANCE COMPANY

Surplus to Policyholders Over \$350,000

Home Office, 8th Floor Southern Building

BOWELS SLUGGISH, STOMACH SOUR, GASSY, UPSET? CASCARETS GREAT

That awful sourness, belching of acid and foul gases; that pain in the pit of the stomach, the heartburn, nervousness, nausea, bloating after eating, feeling of fullness, dizziness and sick headache, means your stomach is full of sour bile—your liver is torpid—your bowels constipated. It isn't your stomach's fault—it isn't indigestion—it's biliousness and constipation. Try Cascarets; they immediately sweeten the stomach, remove the sour, undigested and fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter from the bowels. Then your stomach trouble is ended. A Cascaret tonight straightens you out by morning.



10 Cents. Never grips or sickens.
"CASCARETS WORK WHILE YOU SLEEP."

Hecht & Company, Seventh Near F.

The Makers Excelled Them-
selves When They Made
Suits Like These to Sell for

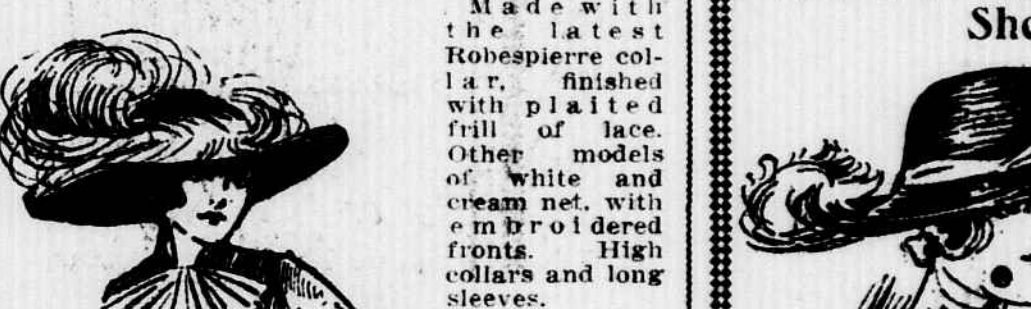
\$24.50

We are getting more and more enthusiastic about these suits. So does every woman who sees them. It's a collection worthy of the most fastidious woman's inspection. Dozens of models, each one reflecting the newest ideas in fall fashions. Mixtures, chevrons, two-tone effects, neat French blue and black serges. Plain tailored or strap-ped-back models; some have a touch here and there of velvet, silk braid or novelty buttons. 22-inch jackets, straight or cutaway styles; beautifully lined with Skinner's satin. Skirts made with girly tops, plaited and somewhat fuller than last season. All shades, all sizes.

\$3.50 Messaline
Silk Petticoats . . \$1.97

Over 500 of the loveliest Soft Silk Petticoats ever sold at so tempting a price. All the leading colors are represented, including the popular greens; deep ruffled and plaited flounces and duff ruffs; all sizes, including extra sizes for stout women.

Charming Black Silk
Messaline Waists Only \$2.95



Made with the latest
Rosespiere col-
lar, finished
with plaited
frill of lace.
Other models
of white and
cream net, with
on brodered
fronts. High
collars and long
sleeves.

\$3 Silk
Waists Are
Now \$1.95

They're beau-
tiful, every one
sees a new
style in all of
messaline.
In various
colors and
black. High
neck, long
sleeves; button
front or back.

"INSURED" Shoes for Boys and Girls—Bargains Worth While

Men's \$3 and \$3.50 Shoes, \$2.49
Latest models. Every pair handmade, in gun metal only. All sizes and styles.

Children's \$2 and \$2.50 Play Shoes, \$1.29
Strictly Hand-welted, in the best tan, white, black and white. Guaranteed NOT TO RIP. All sizes.

Misses' and Children's Guaranteed Footwear, \$1.29 to \$3.75.
These are shoes with a reputation, winning it every day on merit. Dull, tan and shiny leathers. Each pair hand-welted and sold with a guarantee of new pat-

Misses' and Girls' School Wear. Friday's Top-Notch Values.

Misses' Autumn Suits, \$18.75.
Materials are fancy homespun, chevrons and serges, showing the new belted back effect and cutaway model. Girdle-top skirt, fastened with plaits; navy, brown and black; sizes 14 to 18 years.

Misses' Fall Coats, \$14.50.
Including the new and popular English "Johnny" Coats and mackinaw cloth. Fine two-toned diagonal stripes in gray, brown and black. Built on mannish lines, with loose hanging back. A good coat to start the season with.

Girls' \$1.50 School Dresses, 98c.
Ten delightfully new styles, of good quality chambray, galatea, percale and gingham. Pleated and plain skirts. All fast colors. Sizes 6 to 14 years.

Little Girls' Kindergarten Dresses, 69c.
High neck and long sleeves. Serviceable materials of galatea, chambray, etc. All colors. Sizes 2 to 6 years.

COATS FOR LITTLE BOYS AND GIRLS, of fine-grade chin-
conducting the services. Burial was in Rockville cemetery.

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Hecht & Company, Seventh Near F.

Mr. Man--Your Fall Suit Is Here
& Need Not Cost You More Than

\$10.00

Considering what they are in quality, the price is sensationally low, but they're broken lines and we must clean them up, just because we won't carry a one of them over.

Many snappy, lively styles in medium and dark mixtures, tans, grays, browns and light shades, in medium weights suitable for fall wear; sizes 34 to 46. Standard values, \$15 and \$17.50.

Whichever You Prefer.
Derby or Soft Hat, \$2.00
It's Here at

Instead of paying \$3.00 or more, get one of our "Hecht's Specials" at \$2.00. You won't find better values in town. They're made specially for us and they lead the season's styles. Soft hats are in telescope fedora, crush felts and in all the latest shades of tan, brown, grays and plain black. Derbies are the latest English shapes of crowns—high with narrow brims or low crowns with wide brims and a large assortment of staple shapes. All sizes.

Women's Gingham 50c
Underskirts 50c

Standard value, \$3.00. Well made garments of merit, in stripes and plain colors, with embroidered ruffle.

This 25c
Corset Cover, 11c
(Like illustration.)

Made of cambric and neatly trimmed around neck and armhole with delicate lace. Limit 2 to each customer.

\$1.00 De Bevoise
Brassiers 50c

Every woman knows the kind. Fashioned of fine cambric and trimmed around neck and arms with linen lace. (Some slightly soiled.)—Third Floor.

Children's
DRESS HATS, of velvet and plush, prettily trimmed with ribbons and bows, as low as \$3.98

CHILDREN'S WINSOME Ready-to-wear Hats for school and street wear. Prices be- 98c

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DRESS HATS, of velvet and plush, prettily trimmed with ribbons and bows, as low as \$3.98

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